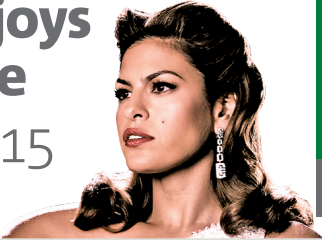


Movie feature

Spirit-ed Eva enjoys role

pg 15



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metro

HALIFAX • MONDAY, DECEMBER 22, 2008

metronews.ca

Celebrity Buzz

Madge looking to adopt again?

pg 18



Man stabbed in face during fight

ALTERCATION Police were investigating a stabbing yesterday. Shortly after midnight Sunday, a 911 call was made reporting an incident in the area of Bayers Road and Joseph Howe Drive.

Police were told someone was stabbed after a fight with several other people, but they didn't find the victim there.

A 20-year-old man was getting treatment at the Halifax Infirmary emergency department for non-life-threatening wounds to his face.

Police said yesterday they're interviewing witnesses.

JENNIFER TAPLIN/METRO HALIFAX

Seasonal Depression



When holidays aren't so merry

First of a two-part series, pg 6

Comment pg 8

Give yourself a Christmas pat on the back

Going Green pg 10

Bright ideas for energy savings



Please recycle



A sailor wearing a Santa hat onboard the Canadian frigate HMCS Ville de Quebec waves to his family as they approach their berth in Halifax yesterday. The warship operated as an escort off the coast of Somalia in support of the World Food Program.

Early gift for families

Inclement weather brings ship home ahead of schedule

JENNIFER TAPLIN
jennifer.taplin@metronews.ca

A snowstorm delivered a present for 225 families yesterday: The early arrival of their loved ones on the HMCS Ville de Quebec.

The ship was scheduled to return home today, but the crew sped up and pulled in a day early because of the snowstorm last night.

For Petty Officer Daniel Fortin, it meant meeting his new daughter Samantha a day early.

He was the second person off the ship and came

"I can't wait for Santa. Now that daddy is home, we'll be all set."

Paula Poulin, wife of Petty Officer Marco Poulin

running down the stairs as soon as he was able.

"It's really, really emotional for me," he said. "When she was born, we were doing 25 knots helping a ship that was attacked by pirates."

Although he ran straight into the arms of his family, his wife Jillian Fortin said it seemed to take forever.

"It was taking way too long for him to get down over those stairs," she said,

wiping away a tear or two.

The Ville de Quebec left Halifax in July. The crew spent several months escorting World Food Program supply ships off the coast of Somalia before resuming their NATO duties.

"That was a real mission for us and I'm very proud of that," Fortin said.

Snow began to fall as the ship docked yesterday afternoon and a military band played Christmas car-

ols. It was a festive moment — one families have been waiting nearly six months for.

"I can't wait for Santa," said Paula Poulin who waited for her husband Petty Officer Marco Poulin. "Now that daddy is home, we'll be all set."

Their arrival was only a day early, but Tammy Guibert said it meant all the world.

"We've got a new grandson and (my husband) hasn't met him yet. We can't wait," she said.

Their first grandchild was born 10 days after the ship set sail.

Mother Nature whips it up, with more snow to come

JENNIFER TAPLIN
jennifer.taplin@metronews.ca

WEATHER Snow and wind hit Halifax last night, and it's not over yet.

The city was expected to get between 10 and 15 centimetres of the white stuff last night, switching to rain at around midnight.

Envi-

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"It will change to rain and then it will just end," Campbell said. "So when most people wake up, it will probably just be cloudy skies with temper-

atures on the mild side at about four degrees (Celsius)."

But winds will increase from the west this morning, bringing in colder air. Campbell said the mercury will dip down to -6 C by the afternoon.

"And the flurries will begin as soon as the cool air starts to set in," he said. "And then there will be flurries throughout the day."

"The flurries will begin as soon as the cool air starts to set in. And then there will be flurries throughout the day."

Mike Campbell, Environment Canada

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Scotia Square
West End Mall
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201 Chain Lake Dr.
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County Fair Mall
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8961 Commercial St.

NORTH SYDNEY
The Rolling Phones
North Sydney Mall

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The Rolling Phones
Shediac Plaza
Sobeys, 622 Reeves St.

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5228 Hwy. 7
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102 Chain Lake Dr.

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Winter fishing

There will be more winter sportfishing this year as the province will open three more lakes for rainbow trout, chain pickerel and perch. The new season starts Jan. 1.

METRO HALIFAX

3

Local

Tradition **Christmas with the Barra MacNeils**



Lucy MacNeil and the rest of the Barra MacNeils perform their annual Christmas show at the Rebecca Cohn Auditorium yesterday afternoon. The Barra MacNeils gave two performances in Halifax yesterday and wrap up their Christmas tour tonight with a show in Glace Bay.

Slain soldiers return home to Maritimes

AFGHANISTAN On Friday, the bodies of Pte. John Michael Roy Curwin, originally from Mount Uniacke, and Cpl. Thomas James Hamilton, from Upper Musquodoboit, returned home.

Their comrade, Pte. Justin Pete Jones, was flown back to his Baie Verte, N.L., home. The three died over a week ago in Afghanistan.

METRO HALIFAX

Tomorrow's Metro News

Part 2 of Metro's series on seasonal depression.

metronews.ca
What's online today.

Comment Guidy Mamman praises the "effortless peace" of Canadian multiculturalism at metronews.ca/immigration

**Lotteries**

Friday, Dec. 19
Super 7: 2, 16, 17, 21, 23, 36 & 45. Bonus 22
Saturday, Dec. 20
Lotto 6/49: 4, 7, 8, 10, 47 & 48. Bonus 6
These results are not official.

Loonie drinks now in past

RACHEL BOOMER
rachel.boomer@metronews.ca

Friday was last call for dollar drinks in Nova Scotia.

From now on, the cheapest drinks will cost you \$2.50. It's a move designed to curb the kind of drunken fighting that police complain is rampant downtown in the wee hours.

"I'm the Grinch who stole Christmas for students," joked Labour Minister Mark Parent, announcing the province's decision.

He said of bar owners surveyed, 69 per cent wanted a \$2.50 minimum drink price. Even the ones who didn't agree with the price wanted a higher minimum, Parent said.

Calgary, Vancouver, Regina and Winnipeg have already set minimum drink prices.

Last Christmas Eve, a wild brawl outside the Dome led to 38 arrests and cost the dance bar its liquor licence. Authorities blamed dollar drinks for the fight, and the Dome was forced to give up the popular loonie promotion in order to get its licence back.

Gary Muise, vice-president

of operations at Grafton Connor Group, which owns the Dome, said Friday he's not convinced eliminating dollar drinks will eradicate downtown violence.

"If people want to get drunk, they'll still do it. It doesn't matter if drinks were \$20, some people would still spend it," Muise said. "It's just a total lack of respect."

Perhaps proving his point, at 3:20 a.m. Saturday, police were called to a fight at the Dome where a 36-year-old man was punched and kicked repeatedly. A large crowd had formed outside the bar during the fight, but went away when police arrived. It all happened less than 24 hours after the cheap drinks were banned.

Muise said business has suffered since the Dome was forced to stop offering the popular promotion.

"The people who are going to be hit hardest are students on a fixed budget who still want to go out and have fun," Muise said. "It's going to take people out of bars and into partying on campus. That's bad for the industry."

Halifax Regional Police Const. Jeff Carr said police are pleased with the decision.

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N.S. deficit-free – now for the bad news

Declining economy means debt will only be paid down by \$1.2M in 2009: Finance minister

PAUL MCLEOD
paul.mcleod@metronews.ca



Nova Scotia will stay out of deficit this year, but that's about the only positive news that came out of Friday's economic update.

A promising first three-quarters of the year have been wiped out by the economic crash. Technically, Nova Scotia is set to have a surplus of \$212 million.

But after debt payments and capital spending, the debt will only be paid down by \$1.2 million.

Things look even worse for next year. By law, the government cannot run a deficit, but declining GDP, plummeting exports and job losses will likely prevent the government from paying down debt.

"There's not a lot of wiggle room within the debt-management plan, absolutely," Finance Minister Michael Baker said Friday.

"We're trying to be candid with Nova Scotians

"This is a \$1.2-million cushion on an \$8-billion budget. For all intents and purposes, this government is in deficit now."

Stephen McNeil

that there is significant opportunity for things to get worse in the first quarter of 2009. I think that's a pretty realistic picture."

Things could have been a lot worse. The crown share adjustment payment of \$95 million last summer, reduced government spending and low unemployment for most of the year helped cushion the blow on this year's books.

The GDP is expected to grow by 1.4 per cent, down from the previously predicted 1.7 per cent.

Because economic updates are only a snapshot in time, opposition leaders



Finance Minister Michael Baker delivers his provincial economic update Friday.

expressed worry the province could actually be worse off than the update suggests.

"I'm very concerned

about them (the numbers) because they don't take into the fact that we had a one per cent decline in jobs in Nova Scotia in No-

vember," said Liberal Leader Stephen McNeil.

"This is a \$1.2-million cushion on an \$8-billion budget. For all intents and

purposes, this government is in deficit now, when you look at all the difficult economic indicators that are not included here."



Minister of State Gary Goodyear, right, explores Dr. Jeff Dahn's lab at Dalhousie University on Friday. Goodyear was at Dalhousie to announce a total of \$1 million in funding for four Nova Scotia post-secondary institutions.

City universities receive \$1M in federal funding

POST-SECONDARY Agriculture, environment, health and energy projects at three Halifax universities and the Nova Scotia Agricultural College in Truro have received \$1 million in federal funding.

Dalhousie University, Mount St. Vincent University and Saint Mary's University all got research money from the Canada Foundation for Innovation.

Federal Minister of State Gary Goodyear formally announced the cash Friday at an event at Dalhousie.

The money will go toward labs and equipment for 10 projects in Nova Scotia. Dalhousie got \$632,000 for ear and auditory imaging equipment, for research on intestinal inflammation and other projects. Mount St. Vincent got more than \$100,000 for

molecular research, and another \$30,000 for language and reading research. Saint Mary's University got more than \$140,000 for molecular research, and the Nova Scotia Agricultural College will spend part of its \$100,000 on research to reduce the environmental impacts of farms and make them more profitable.

METRO HALIFAX

Government distracted by turmoil in 2008: Dexter

PAUL MCLEOD
paul.mcleod@metronews.ca



The following is the first of three segments where Metro talks to each of Nova Scotia's political leaders about the year that was. Today we feature NDP Leader Darrell Dexter.

Ask Darrell Dexter how we'll look back at 2008 and he doesn't hesitate.

"I don't think there's any question that the last quarter of 2008 will undoubtedly be how it is remembered," says the NDP leader.

"All of these pieces of dire economic news are almost beyond what most people could imagine happening. So 2008, I think, will be remembered as the time when the world economic structure was shaken almost to its very core."

"The government kind of careened from one fiasco to the next."

NDP Leader Darrell Dexter

Dexter says we can't hide our heads in the sand, and thinks there are opportunities even in recession. With many industries looking to move out of less expensive centres, Dexter thinks Nova Scotia is ideally positioned to take advantage.

When talking about Nova Scotia in 2009, a spring election is bound to come up. No one is saying it's inevitable yet, but Dexter does say all three parties are gearing up.

He says the MacDonald government has done some things right, like working out the crown share payment from the

federal government and improving the home-heating assistance program.

But he said the government spent most of 2008 in turmoil, dealing with issues like buying child-sized ATVs, cancellations of surgeries, taxes on electricity and cars trapped overnight on the Cobequid pass.

"The government kind of careened from one fiasco to the next," said Dexter. "This is the seminal question that will hang over everything for the next several months: Is this a government that's lost touch with the people and do they deserve to be re-elected?"

News in brief

BAR FIGHT Police broke up a fight at the Dome on Saturday. Before 3:30 a.m., officers responded to a call that a 36-year-old man was punched and kicked by several men in the bar. Bouncers intervened and helped police remove several people from the bar. A large crowd gathered outside, but dispersed after police showed up. One man was ar-

rested under the Liquor Control Act. Police were still investigating. The 36-year-old victim was taken to hospital for non-life-threatening injuries.

ROBBERY The Needs store on Highfield Park Drive in Dartmouth was robbed Saturday. At around 11:30 p.m., a white man between 20 to 25 years old said he had a gun and demanded money. He got a lit-

tle money and fled on foot.

MISSING The search for Elizabeth Morrisette, a 19-year-old woman missing since a car accident this month, has been put on hold. Searchers have exhausted efforts to locate her in and around the Annapolis River. The search will resume when snow and ice conditions diminish.

METRO HALIFAX

Province reviewing safety of Cobequid Pass

The preliminary safety review on the Cobequid Pass is now in the hands of the provincial government. The recommendations will be reviewed over the next few weeks. **METRO HALIFAX**

Tory candidate pulls out of race after threats made to family

AMHERST Progressive Conservatives in Cumberland North are without a potential candidate again after Willie MacDonald announced threats against him, his family and business are forcing him to withdraw.

"In a matter of 24 hours, I have received anonymous vile letters threatening my family and my business, anonymous threatening phone calls at my home and

damage to one of my properties, which police are investigating," 52-year-old MacDonald said in a handwritten statement delivered Friday.

"I will not subject myself and my family to this type of cowardly, hurtful threats. Therefore, I am withdrawing my name as a PC candidate."

MacDonald, who owns Amherst Home Hardware, announced Thursday his intention to seek the Conserva-

"In a matter of 24 hours, I have received anonymous vile letters threatening my family and my business."

Willie MacDonald

tive nomination vacated when MLA Ernie Fage was expelled from the Tory caucus by Premier Rodney MacDonald after being convicted of leaving the scene of an accident last December.

Fage resigned as human resources minister in January 2007 when news of the November 2006 crash in Halifax was made public. Fage left the scene of the accident near downtown Halifax al-

legedly smelling of alcohol.

MacDonald's campaign manager, Judi Giroux, who delivered the message, said he had left town for the weekend with his family to get away from the threats and he would not be making any additional comments.

Fage, reached for comment Saturday, said he is absolutely appalled someone would make threats against MacDonald.

"It's an absolute shame that someone would do this," Fage said. "I would never do anything like that or condone anyone from doing something like that. It's not right and no one should be doing it."

Fage said if someone is writing threatening letters or making phone calls they should think about what they're doing and "cease and desist." **AMHERST DAILY NEWS**

CELEBRATE THE REASON FOR THE SEASON

Anglican

*St. George's Round Church
Cornwallis and Brunswick Street*

Christmas Eve - 4pm

Christmas Service and Pageant, especially for children

10.30pm

Music for Brass ensemble with organ, and Choral Communion (with incense)
Music by Gabrieli, Bach, Praetorius, Victoria and others.

Christmas Day 10.30am

Choral Communion (with incense)

St Stephen's Day, Dec. 26 - 10.30am

Holy Communion (said)

St John the Evangelist, Dec. 27 - 10.30am

Holy Communion (said)

The Holy Innocents, Dec. 28 - 10.30am

Choral Communion

5.00pm

Evensong with music by Leighton, Stanford, Byrd and others. This service will be followed by carol singing in the hall, complete with fiddle, guitar and percussion and seasonal treats.

Monday Dec. 31 - 6pm

A Candlelight Service of Nine Lessons and Carols. Music by Mendelssohn, Willcocks, Tavener and others. Champagne reception in the Parish Hall afterwards.

Feast of the Circumcision,

Jan. 1 - 10.00am

Holy Communion (said)

Sunday Jan. 4: Christmas II - 10.30am

Procession and Choral Communion (incense)

Tuesday Jan. 6: Epiphany - 7.30pm

Choral Communion

The climax of the Advent/Christmas Season and the Twelve Days of Christmas. Music by Byrd, Cornelius, Lassus and Howells. Guest Preacher will be the Rev'd Jim McCorriston, Rector of the Parish of Chester. A festive gathering will follow after the service.

www.roundchurch.ca

Saint Matthias
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**Christmas Eve - Dec. 24th
7:00 p.m.**

Holy Communion (BCP)
with Youth and Adult Choirs



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24 DECEMBER - CHRISTMAS EVE
4:00pm Family Eucharist
7:00pm Holy Eucharist
10:30pm Carol Sing
11:00pm Holy Eucharist

25 DECEMBER - THE BIRTH OF THE LORD: CHRISTMAS DAY
10:00am Holy Eucharist

26 DECEMBER
12:15pm Holy Eucharist

28 DECEMBER
First Sunday after Christmas
8:00am Holy Eucharist
9:00am Holy Eucharist
10:30am Holy Eucharist

30 DECEMBER
12:15pm Holy Eucharist
31 December
7:30am Holy Eucharist

1 JANUARY
10:30am Holy Eucharist
12:00-1:00pm New Year's Levee

6 JANUARY
The Epiphany of the Lord
8:00am Holy Eucharist
9:00am Holy Eucharist
10:30am Holy Eucharist

St. James
At the Armdale Rotary
477-6770

Christmas Eve 4:00 p.m.
Family & Children's Eucharist

Christmas Eve 10:00 p.m.
Traditional Choral Eucharist

Christmas Day 10:30 a.m.
Holy Communion (said BAS)

New Years Eve 6:30 p.m.
Holy Communion (Chapel)

Trinity
321 Main Ave.
423-7077

**December 24th
9:00 p.m.**
Holy Communion
and Carols

**December 25th
10:30 a.m.**
Family Worship and Holy Communion

**December 28th
10:30 a.m.**
Lessons and Carols

6:30 p.m.
Holy Communion



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CHRISTMAS SERVICES

CHRISTMAS EVE: 4:00 p.m.
Family Service with stories and carols

CHRISTMAS EVE: 11 p.m. Choral Communion Service

Kneeling at the Manger - Rev. John E. Boyd
Choir - First Baptist Halifax Senior Choir

Sunday December 28: Christmas I

The Waiting Room - Rev. Nelson A. Metcalfe
Guest Organist - Tristan Cleveland-Thompson
Guest Choir - Xara

www.firstbaptisthalifax.org

Evangelical Lutheran

Halifax Resurrection
2096 Windsor St
422-9224

6:00 p.m.
Live Nativity

8:00 p.m.
Candlelight



Presbyterian Church in Canada

Grace Presbyterian Church, Upper Tantallon
Dec. 24: 6:00pm



Service at Walker's Funeral Home followed by a candlelight service on the church site nearby. Service each Sunday at 10 am at Walker's.



Knox Acaida & Roome 455-1688

December 24th 7:00 p.m.

Candlelight Service of Carols & Lessons

United Church of Canada



Bethany United Church
7171 Clinton Ave. Halifax



Christmas Eve - December 24th

4:00 p.m. - Family Christmas Eve Service presenting The Christmas Pageant with Junior Choir

8:30 p.m. - Christmas Music with Strings and Organ

9:00 p.m. - Christmas Eve Service with Carols and Communion



Rockingham United Church
12 Flamingo Drive, Halifax 443-2947



Christmas Eve - December 24th
6:00pm - Family Service (child friendly)
10:00pm - Candle Light & Communion

December 28th
Lessons and Carols @11am



Woodlawn United Church
54 Woodlawn Road, Dart.
434-8302

Christmas Eve Services (Dec.24):
4 p.m. - Children
7 p.m. - Family
11 p.m. - Communion

Dec. 28: 10 a.m. Service:
"Savor The Moment"
Music: Keith Brumwell,
David Rhind, Vocal Quartet

www.woodlawnunited.ca

Three young children in Newfoundland were killed in a fire that destroyed a home on Bell Island, 35 kilometres west of St. John's, early Saturday. Five other people — three adults and two children — managed to get out of the burning house and were taken to hospital with injuries that weren't life-threatening. **CBC NEWS ONLINE**

Canada



Man in hospital after being Tasered

A man from the central Newfoundland town of Sandringham who faces numerous charges was in critical condition yesterday after police used a Taser to subdue him during a violent confrontation. RCMP Sgt. Wayne Newell said the incident occurred Friday night when police received a call from occupants of a home who alleged a man with a knife was threatening them. While en route to the scene, the 29-year-old suspect himself called police, saying he had an axe and a shotgun, Newell alleged. **CBC NEWS ONLINE**

Holidays not joyful for everyone

Added stress can compound difficulties for people battling depression, anxiety

KRISTEN THOMPSON
for Metro Canada



The high-energy Christmas carols and TV ads tell us the upcoming holidays are a time to be merry, but for anxious or depressed people the pressure to be joyous can compound — not alleviate — their feelings.

Arto Tienaho said he suffered throughout much of his life from anxiety and depression — two different disorders that are often diagnosed together.

“(During the holidays,) there’s a sort of pressure that you’re supposed to have fun, and if you’re not, it exacerbates the condition,” he said.

He described depression and anxiety as walking



Arto Tienaho, who battled depression and anxiety throughout his life, is shown outside his New Westminster, B.C., home. Tienaho said the pressure to have fun during the holidays can compound feelings of anxiety.

Anxiety study

• Anxiety disorders affect around 12 per cent of Canadians. About nine per cent of men and 16 per cent of women were found with it in a one-year study done in 2002 by the Public Health Agency of Canada.

around with a perpetual perception of fear.

“It’s the same feeling you get when you’re driving on the highway and there’s a semi right behind you.”

During the winter, the early nightfall and bad weather intensify the problem, said Dr. Connie Coniglio, Director of Health Literacy for B.C.

Mental Health and Addiction Services (PHSA).

“Despite all the marketing that suggest the holidays are supposed to be such a wonderful time, a

lot of people experience stress (regarding) finances, family relationships, loneliness, grief and loss.”

Tienaho, who has his disorders under control and is

METRO FEATURE

Seasonal Depression

now a manager at Anxiety-BC, said it took years of trial-and-error to find respite.

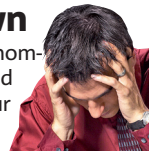
“Education is a really important tool,” he said, adding that “little things” like getting exercise and keeping a list of goals for the holidays help.

“Keep it simple,” he said. “Commit to doing a 15- or 30-minute walk. Socialize with people who are positive influences in your life. And realize that you’re not the only one ... feeling down at this time.”

“The sooner you can recognize (the stress) and intervene, the better you’ll be.

Tuesday's Metro Meltdown

The global economic meltdown and its effects on our workplaces are resulting in added stress as 2008 comes to an end. There are ways to alleviate that anxiety, experts say, and get through the layoffs, workplace instability and fears of what 2009 will bring.



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Depression and sleep disorders connected

JENNIFER TAPLIN
jennifer.taplin@metronews.ca

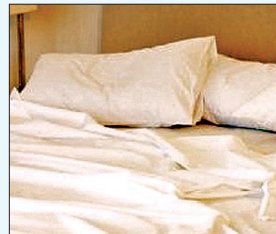


The night seems endless when you suffer from depression.

“We know from sleep research studies depressed people have trouble falling asleep and staying asleep,” said Rachel Morehouse, a psychiatrist who is an expert in sleep disorders and circadian rhythms at Dalhousie University.

So it’s hard to sleep, but what do you do about it?

Morehouse said the first thing to do is deal with the underlying prob-



To get a good night’s sleep, make sure your sleep environment is pleasant.

lem, which is the depression. She suggested starting with the family doctor. “It’s something we can treat, so why suffer?”

And don’t become a night owl. It might seem easiest to stay up late and sleep in but it’s not a good idea, Morehouse

said.

“Their sleep schedules go right off the rails,” she said.

Keep your regular sleep-wake schedule and make your sleep environment as pleasant as possible. Take out all the distractions like the TV and make it relaxing.

Alcohol and marijuana might help you fall asleep, but it won’t keep you there, Morehouse said. Plus, intoxicants don’t give you the restorative sleep you need.

Also she suggested to eat properly, go for walks and meet with friends to help with the blues.

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Comment & Views

Comment

Pat on back for Christmas

HineSight

Anne Hines



As a gift this Christmas, I'd like to offer readers two tips. One, as you elbow your way through stores searching for those final gifts repeat this calming mantra "I can always give everyone a cheque." And, as you contemplate all those little joys yet to be ticked off your list, the cooking, baking, getting your Prozac prescription refilled, my second piece of advice is this: At all costs, avoid behaving like me.

I want everyone to stop for just a moment, think of something you did well today, or even just that you did. Getting out of bed counts. Getting out of bed prepared to try to make it through another day counts even more.

Yesterday, I finished writing a book. I don't mention this as a means of shameless self-promotion. Shameless self-promotion would be to say that the title is Parting Gifts: Notes on Loss, Love and Life; it's published by McArthur & Co. and that it will be available in fall '09. I would never stoop to that.

The point is, whenever I finish writing a book, I'm exhausted and muddled. I no longer know what the book is about. I'm not sure I care what the book is about. And, I'm feeling entirely unappreciated by my evil, evil

publisher who won't let me have the one thing I need to make the book really good: Four more lifetimes to work on it.

I always announce to my partner, Liz, that I am never writing another book. Not if my life depends on it. Or, the life of the entire free world. Or even, say, if space aliens came to earth and threatened to blow the place up, "Unless the Hines human dashes off 1,000 words on Why We Revere Space Aliens."

Instead, I dream of a job at Dairy Queen. Not only does dipping ice cream into

chocolate seem like a greater service to the world, I suspect the pay is better.

There is one thing I never do when I finish a book. I don't pause, tell myself I'm an amazing being for having accomplished something and that no matter how good or bad the end result may be, the measure of success is simply to have tried.

So, in these final days before the holiday, don't be like me. I want everyone to stop for just a moment, think of something you did well today, or even just that you did. Getting out of bed counts. Getting out of bed prepared to try to make it through another day counts even more. Now, give yourself a gift for Christmas: A pat on the back.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.



MICHAEL DE ADLER

Views

Many options for dehumidifiers

CleanBreak

Rochelle Owen

rochelle.owen@gmail.com

Do dehumidifiers use up a lot of energy and money? Are there any other environmental implications?

A dehumidifier takes extra moisture out of the air. Excessive moisture in the air can create a climate for mould growth, dust mites and wood rot. This can lead to an increase in allergies and property damage. If the air is too humid, you will see and smell mould.

If you want to be more exact, you can use a hygrometer, which measures the relative humidity. They cost around \$25 to \$35 and are available at hardware, department and specialty

stores. Most sources cite between 30 and 50 per cent relative humidity as a preferred level of moisture for indoor air.

Problem areas often include the basement, as water can leak through cracks and the bathroom and kitchen where water is being heated.

How can you reduce humidity? Try to deal with the root problem. This could mean fixing or installing exhaust fans in kitchens and bathrooms and fixing roof and basement leaks.

You can also reduce water vapour in the air by taking shorter showers and smaller baths with cooler water; managing air flow in the house by opening and closing doors; and using lids while cooking.

When buying, match the right size and type of dehumidifier for the job at hand. Some draw humid air over cold coils, creating condensation, and then

A dehumidifier takes extra moisture out of the air. Excessive moisture in the air can create a climate for mould growth, dust mites and wood rot.

they then exhaust warm air.

Others use a chemical as a drying agent, and still others reduce humidity to a set level. That type doesn't re-circulate warm air, although it normally uses less energy to run.

There are different unit sizes that draw out more water per day than others. Some units are designed specifically for crawl-spaces, or to be moved around.

When you're buying, also think about noise levels, self-draining features, and energy efficiency.

From an energy perspective pick the right size for the job, the best efficiency factor (number of litres removed per kWh), and clean it for good performance.

Depending on the model, dehumidifiers can use up 800 kWh per year with an operating cost of about \$80.

Energy Star-rated dehumidifiers will be more efficient (between 10 and 20 per cent) than non-Energy Star models.

Check out Office of Energy Efficiency's Energy Star site to do online comparison of units and receive advice on right sizing.

Visit the Canadian Mortgage Housing Corp. website for a video and guide on how to choose a dehumidifier.

Rochelle Owen has worked in the environment and sustainability field for more than 19 years. She currently works as the director of sustainability at Dalhousie University.

Letters

Nova Scotians in no mood for a private highway

With the recent debacle on Nova Scotia's only toll highway still fresh in people's minds, the Canadian Union of Public Employees is questioning the MacDonald government's pursuit of yet another private highway.

One of the three P3 projects that this government is still considering is an 85-kilometre private highway from Sutherland's River to the Canso Causeway.

Our question to Transportation Minister Murray Scott is, how does he expect to build a private highway and not have it be a toll highway?

Given the glaring inefficiencies of our only existing private highway, Nova Scotians are in no mood to be giving away any more of our roads to some private corporation in a far away land.

In light of the current economic climate and credit crunch, P3s are becoming even more dubious than they already were.

And yet when every other country in the G20 and every economist worth their salt is saying the days of tying our wagon to the private sector is over, at least until

regulatory systems are tightened considerably, it appears to be business as usual for the government of Nova Scotia.

DANNY CAVANAGH
CUPE N.S. PRESIDENT

Take a look down south before slamming Queen

Re: Let's retire the Queen (Dec. 10).

It's unfortunate that Mr. Sullivan has no understanding of the Canadian constitution or the parliamentary system we have here.

The Queen as represented by the Governor General is a non-political symbol of the nation and occasionally an unbiased arbiter of governance controversies.

Does he really think an elected president would be unaffected by politics or be unbiased when rendering constitutional decisions? Have a look south of the border.

The Governor General exercises her prerogative powers in strict adherence to constitutional law and parliamentary precedence. The antics of our politicians over the past few weeks clearly show that leaving things to them is a recipe for chaos.

JOHN TAGG, TORONTO

It's your turn to tell others what you think. E-mail your thoughts and opinions to: halifaxletters@metronews.ca

Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

Spaniards hoping for Christmas jackpot

People in Spain are anxiously awaiting the results for El Gordo ("the big one"), an annual Christmas lottery worth more than two billion euros. The winning numbers are scheduled to be announced today.

METRO NEWS SERVICES

World/Business

PM hopefuls target Hamas

The two leading candidates to become Israel's next prime minister vowed yesterday to topple Hamas' government in the Gaza Strip, ratcheting up tensions after a six-month-old ceasefire ended in violence.

The threats by Foreign Minister Tzipi Livni and right-wing Likud party leader Benjamin Netanyahu followed a cabinet meeting in which outgoing Prime Minister Ehud Olmert cautioned against rushing into a large-scale operation in the Hamas-ruled enclave in response

"In the long term, we will have to topple the Hamas regime. In the short term ... there are a wide range of possibilities, from doing nothing to doing everything, meaning to conquer Gaza."

Benjamin Netanyahu

to escalating rocket fire by militants.

Such an operation could result in heavy casualties on both sides, fuel a major humanitarian crisis in the aid-dependent Gaza Strip and spark an international outcry against Israel.

If elected premier in a Feb 10 election, Livni, who

heads the centrist Kadima party, said her government's "strategic objective" would be to "topple the Hamas regime" using military, economic and diplomatic means. She did not set a timetable.

Netanyahu, Livni's main rival for the premiership, called for a more "active

policy of attack," accusing the current government of being too "passive."

"In the long term, we will have to topple the Hamas regime. In the short term ... there are a wide range of possibilities, from doing nothing to doing everything, meaning to conquer Gaza," Netanyahu said.

Palestinian militants have fired nearly 60 makeshift rockets and mortar shells at Israel since the Egyptian-brokered ceasefire with Hamas ended on Friday, the Israeli army said.

REUTERS

Business

Stock market offers some holiday steals

Investors could do their holiday shopping on Wall Street this week as bargain-basement prices for stocks and optimism over efforts to fight the year-long recession may prompt a year-end rally.

But not even a Santa Claus rally to end the year can rescue 2008 from going into the books as the worst for stocks since the Great Depression, thanks to the housing market slump, credit crisis and, finally, recession.

With just seven trading days left, the benchmark S&P 500 index is down 39.5 per cent for the year, on pace perhaps to match Wall Street's second-worst year ever, 1937, when the S&P also plummeted nearly 39 per cent.

That said, the slump in stocks has left them rela-

"You're getting a lot of people picking through the wreckage."

Paul Nolte

tively cheap. And analysts are now more optimistic that unconventional recession-fighting efforts such as the Federal Reserve's big interest-rate cuts may soon gain traction.

"You're getting a lot of people picking through the wreckage of this year and doing some selective buying," said Paul Nolte, director of investments at Hinsdale Associates.

"There are some good bargains out there and there is a fair amount of buying in the marketplace."

REUTERS

Greek opposition widens lead: Polls

POLITICS Greece's opposition Socialist party has stretched its poll lead to as much as six percentage points over the ruling Conservatives amid public discontent over the handling of the worst rioting in decades, surveys showed yesterday.

Anti-government protests have entered a third week since the Dec. 6 killing of a 15-year-old boy by police, but Greek citizens were split on whether the government should call snap elections.

The demonstrations have fed on anger at youth unemployment, pension reforms and privatizations, and an economic slowdown.

REUTERS

Scotland Remembering Pan Am Flight 103



Mourners embrace during a service at the Lockerbie disaster memorial garden at Dryfesdale Cemetery, in Lockerbie, Scotland. Yesterday marked the 20th anniversary of the bombing of a Pan Am jumbo jet — flying from London to New York over the Scottish town — that killed 270 people.

100 detained over car tariff protest

VIOLENCE Russian riot police detained at least 100 people yesterday protesting government measures linked to the economic crisis, a crackdown that highlighted official sensitivity to growing hardship.

Protests took place across Russia against car import tariffs, which are being raised to prop up car producers and discourage Russians from buying second-hand vehicles.

In the Pacific port city of Vladivostok, riot police broke up an unsanctioned

Russia's struggles

- The global economic crisis has battered Russian financial markets, and oil, a chief source of foreign currency revenue, has plunged from \$147 to below \$40 per barrel in six months.

rally organized against the duties, kicked a protester as he was being held and hurled a cameraman's gear to the ground.

Police used a loudspeaker

to order demonstrators to go home as they gathered near the city centre, and riot police started snatching people after an uneasy 30-minute standoff.

Local media said 100 to 200 of the 500 participants were detained.

Russia's Far East is a major importer of used Japanese cars, and analysts say the protests are the first serious challenge by Russians to measures directly linked to the financial crisis.

REUTERS

THE DAILY BUSINESS BUZZ

Home resale prices rise:

The Nova Scotia residential MLS resale housing market defied national trends in November by posting a slight increase in the average residential price to \$185,020, while the national average dropped 9.8 per cent. But sales in value and volume fell, down 32 per cent to \$106.9 million on 632 properties sold, a decline of 34 per cent, from the same period in 2007.

Economic outlook clouded:

Outlook for the economies in Atlantic Canada remain clouded by the global economic downturn, with adverse impacts on key commodity exports, capital projects, offshore oil production and tourism, according to the latest provincial forecast released by RBC.

Price increases slowing:

Consumer price increases slowed to 2.0 per cent in the 12 months to November 2008, down from the 2.6 per cent and 3.4 per cent increases recorded in October and September respectively. StatsCan says the slowdown in November was due primarily to gasoline prices, which offset increases for food and shelter.

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Ottawa, Ontario offer \$4B to autos

BAILOUT A historic \$4-billion lifeline to rescue General Motors and Chrysler in Canada is likely just the first instalment of public loans to the automakers, concedes Prime Minister Stephen Harper.

The \$4 billion represents about 20 per cent of the \$17.4 billion US package announced for the two auto giants on Friday.

GM and Chrysler in both countries will get some of the aid within days since they are close to running out of money for their operations. Ford didn't receive loans because they didn't ask, a government spokesman said — but the offer is open to them.

TORSTAR NEWS SERVICE/REUTERS

In brief

CREDIT The Windsor Family Credit Union in Windsor, Ont., is trying to loosen cash for consumers in an effort to spark vehicle sales. It has created a cash pool of \$5 million to finance new 2008 and 2009 models to eligible borrowers at four local dealers. Several automakers have attributed tight credit to their decline in sales.

TORSTAR NEWS SERVICE

News in brief

CRASH At least 38 passengers were injured when a Boeing 737 airliner went off a runway and caught fire at Denver International Airport on Saturday night, Denver Aviation Manager Kim Day said.

LITERACY President Evo Morales declared Bolivia free of illiteracy Saturday after a three-year project sponsored by his leftist allies Cuba and Venezuela helped about 820,000 people learn to read and write.

PORN A Chinese woman who became an online sensation after posting a homemade pornographic film of herself on the Internet has been detained in Shanghai, according to state media. Pornography is illegal in China.

REUTERS

To cut heating energy and costs in winter, on sunny days open your south-facing drapes and let the sun in, according to SaskEnergy. It's a natural source of heat. If you have large windows that don't receive direct sun, keep the drapes closed. **TORSTAR NEWS SERVICE**

Going Green

Holiday shopping tips

Some tips to go green this holiday season. Don't fear shopping at thrift stores. A thoughtful gift will mean more than an expensive gift. Stuck on sweaters or socks as gift ideas? Give an assortment of CFL light bulbs, or replace someone's old Christmas lights with energy saving LED lights. Reuse gift bags. Don't throw them out when they still look perfectly new.

NEWS CANADA

EDITOR: MIKE DEREZYCKY, MIKE.DEREZYCKY@METRONEWS.CA

Here are a few bright ideas

Saving on your energy bills doesn't have to leave you in the cold this winter

MATTHEW DEFAVERI
Metro World News

A class at Oklahoma State University is working with the World Wildlife Fund (WWF) and spearheading a campaign around Earth Hour to raise awareness for energy conservation. The students shared some of their tips with Metro.

1 Use your ceiling fans, even in the winter. By reversing the fan blades to create an updraft (recirculating the hottest air near the ceiling through the rest of the room), you can save 10 per cent on heating in the winter. Heating costs for the winter in 2007 were \$928 US on average. Saving 10 per cent on heating costs translates to \$92.80, with a new cost of \$835.20.



2 Make the switch to fluorescent light bulbs. If you use a 75-watt soft white normal

bulb, you would get 121 hours of light for \$1. An 18-watt fluorescent light bulb will net you 505 hours of light for \$1. For the average

household using 600 kilowatt-hours of electricity per month, roughly 10 per cent of that electricity is lighting. With 60 kWh

spent on light bulbs, 75-watt normal bulbs are costing you \$4.50/month and 18-watt fluorescent bulbs only cost you \$1.08/month, for a savings of \$3.42/month.

3 Save on drinking water — buy a water filter. Each person drinks roughly 115 litres of bottled water per year. One case of 24 half-litre bottles of water costs an average of \$7 US. At 115 litres per person, that's almost 10 cases of water!

4 Unplug appliances when they aren't in use. You would be surprised how many electrical appliances can be easily unplugged once you're done using them. Things like colour TVs (313 watts), desktop computers (318 watts), microwaves

(209 watts), or coffee makers (116 watts) are convenient enough to unplug. Even small things such as stereo systems and laptops (81 and 90 watts, respectively) can be unplugged to save on your utility bill. Spaceheating systems, while more inconvenient to unplug than a TV, guzzle an enormous 3,524 watts.

5 Air dry dishes instead of using drying cycles. The drying setting on a dishwasher sucks up as much as 512 watts. The average household uses its dishwasher roughly four times a week, so that's 2,048 watts, or 8,192 watts per month. At a rate of \$0.11/kWh, you would save \$0.90 per month per month air drying your dishes instead of using the drying setting on the dishwasher.

Making eco-friendly choices doesn't have to be difficult

Canadians want to do their part to protect the planet, but for some the thought of adopting a green lifestyle can be overwhelming.

Making environmentally friendly choices doesn't have to be difficult. In fact, just a few small changes in your regular routine can significantly reduce your family's ecological footprint.

Encourage your family to help the environment by following these simple steps:

When wrapping a gift for that special someone, consider eco-friendly options. Wrap presents in reusable gift bags that can be used year after year or look for wrapping paper made out of recycled material.

Instead of buying tradi-

tional cleaners that release harmful toxins into the environment, use natural cleaning products such as those in the Green Works line. Green Works products are as effective as traditional cleaners, but they are 99 per cent natural and are formulated to be biodegradable.

Information on these products is available on-

line at www.green-works-cleaners.com.

Leave paper and plastic bags at home by packing a litterless lunch in reusable containers.

Take your own travel mug or thermos to the coffee shop. Many coffee houses offer a discount on your morning java if you bring your own container.

Carry groceries home in reusable shopping

bags. If you must use plastic grocery bags, reuse them each time you go shopping.

Instead of tossing household clutter, host a garage sale to get rid of old clothes and household items. Donate items that don't sell to local charities, homeless shelters or clothing drives. Remember, one person's trash is another person's treasure.

NEWS CANADA

News in brief

POLITICS U.S. president-elect Barack Obama underscored Saturday his intent to push initiatives on climate change by naming John Holdren, an energy and climate specialist, as the new White House science adviser. Holdren is a Harvard University physicist who has focused on the causes and consequences of climate change and advocated policies aimed at sustainable development. He has also done extensive research on the dangers of nuclear weapons.

REUTERS





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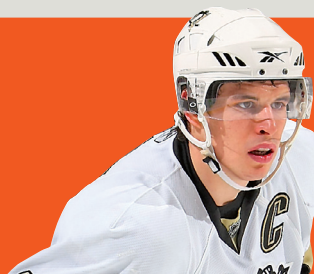
Bergeron released from hospital

Boston Bruins forward Patrice Bergeron, who missed most of last season with a concussion, was released from hospital yesterday after being diagnosed with another concussion. He was injured in Saturday's game against the Carolina Hurricanes. **METRO NEWS SERVICES**

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Sports

JOHN.CHICK@METRONEWS.CA



Crosby blows away record

Cole Harbour's Sidney Crosby surpassed Jaromir Jagr's record for the most votes received by a player in NHL all-star game fan balloting yesterday. Crosby passed the 1,020,736-vote mark that Jagr set in 2000 while with the Penguins. Crosby's Penguins teammate Evgeni Malkin was also poised to top the record. There is still almost two weeks of voting remaining.

METRO NEWS SERVICES

Remember the '58 Bulls

Fifty years ago, racism kept Buffalo from a bowl game. Toronto is its first one since

JOHN CHICK
john.chick@metronews.ca



Fifty years sounds like a long time. To Willie Evans, it seems like yesterday.

The 1958 University of Buffalo Bulls football team went 8-1 and for the first time, received a coveted NCAA bowl invite. The Tangerine Bowl was an Orlando, Fla. fixture back then. But there were other fixtures in the U.S. south, and the leaseholders of the game told Buffalo that the team would only be welcome if they came without their two black players — running back Evans and defensive end Mike Wilson.

"The fellows I played with did a remarkable job of drawing a line in the sand," Evans recounted last week.

That line in the sand was opting not to go. The coach left it up to the team to decide, and they unanimously rejected the invite.

"I wasn't surprised," said Evans. "But for the players to do what they did was remarkable."



The Buffalo Bulls celebrate the MAC championship after defeating Ball State on Dec. 5. The win earned them a berth in the International Bowl in Toronto.

Half a century later, the world has changed, sport-wise and socially. A third NCAA bowl game will be played in Toronto on Jan. 3 and an African American will be sworn in as president of the United States 17 days later.

This year's UB Bulls went 8-5, stunning Ball State in the Mid-American Conference title game to earn the International Bowl bid at the Rogers Centre. Having rejected the invite in 1958, it will be their first bowl appearance ever, facing the University of Connecticut.

Before the game, Evans

and members of that golden anniversary team will be honoured.

"The word I would use is 'ecstatic,'" said UB athletic director Warde Manuel. "I'm excited for the '58 team, that they're going to have a bowl experience."

Evans meanwhile, who has spent 36 years with the school's alumni association, wants the focus on today's players.

"The tributes should be made to the current," said Evans. "We dealt with it, and we dealt with it extremely well."

Much of UB's recent success can be attributed to

head coach and former CFL player Turner Gill.

That success has raised his stock on the NCAA coaching ladder, and last week NBA legend Charles Barkley accused his alma mater, Auburn University, of racism in passing over the African-American Gill in favour of former Iowa State coach Gene Chizik (for the record, Gill signed an extension to stay at Buffalo a day later). While Evans is happy Gill is stay-

ing put, he doesn't disagree with Barkley's opinion.

"I think it's apparent that the hiring of African-American coaches (in U.S. college football) is in need of improvement across the board," Evans said. Of 119 schools in the three levels of NCAA football, four have black head coaches.

"We've still got a way to go, and I think that's reflective of what Charles Barkley said."

NHL RESULT

Hurricanes 3 Habs 2 (OT)

 **VS** 

Tuomo Ruutu's 11th goal of the season, coming 1:43 into overtime, lifted Carolina over Montreal, 3-2 last night. On the winner, Ruutu slipped by several players as well as Carey Price on a wraparound. Eric Staal posted a goal and two helpers while Sergei Samsonov added a goal and one assist for the Hurricanes, who have won three of their last four.

METRO NEWS SERVICES

North America falls to World

CURLING Kevin Martin's Edmonton rink fell short in its quest to lead a North American win, handing the World team a 208-192 victory at the Continental Cup curling event yesterday.

With 201 points needed for victory and North Ameri-

ca trailing 193-152 entering the final competition — the men's skins — Martin needed a near-miracle. After he and Norway's Thomas Ulsrud split the first two ends, Martin failed to score two with his final shot of the third end, resulting in a car-

ryover. The defending world champion could only watch as Ulsrud made the shot of the day with his final stone in the fourth, executing a perfect triple-raise takeout and holding the shooter for the title-clinching two-point end. **METRO NEWS SERVICES**



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The Saint Mary's Huskies are expecting men's hockey head coach Trevor Stienburg to be back behind the bench in the new year. The 12-year bench boss has been away from the team since the start of the season recovering from a perforated bowel. The Huskies have a 10-5 record in his absence. **METRO HALIFAX**

Moose look to make deal

MATTHEW WUEST
matthew.wuest@metronews.ca

The Halifax Mooseheads are silent on the trade front after going into the holiday break with a loss.

Mooseheads general manager Marcel Patenaude has been working the phones in an effort to make a deal, but has yet to confirm a transaction two days into the final QMJHL trade period. Only two trades have been confirmed league-wide.

"We're very busy," Patenaude said. "There are a few options that are interesting for our hockey club."

The Mooseheads are also working hard to persuade American prospect Andrew O'Leary to report after Christmas. O'Leary, 17, plays for Shattuck St. Mary's prep school and has eight goals and five assists in 29 games this season. The Mooseheads were thumped 7-3 by the Cape Breton Screaming Eagles on Friday night in Sydney. Charles Bety, with two, and Graham Bona scored in the loss. Rookie goaltender Mathieu Corbeil allowed six goals on 36 shots.

The Mooseheads are 10-24-2 at the holiday break, 17th out of 18 teams and two points ahead of the last-place Val-d'Or Foreurs. They return to action on Dec. 27 on the road against the Moncton Wildcats. Their next home game is Dec. 30 at 7 p.m. against the Prince Edward Island Rocket.

Sports in brief

NHL Former Halifax Mooseheads star Jakub Voracek has gotten a promotion with the Columbus Blue Jackets. Voracek, an NHL rookie with four goals and 11 assists in 32 games, has been skating on the top line with Rick Nash and R.J. Umberger for the past two games. **METRO NEWS SERVICES**

Juniors gelling, but Tyrell out and Kane in

MATTHEW WUEST
matthew.wuest@metronews.ca

Cody Hodgson and the Canadian world junior team are off to an outstanding start in exhibition action.

Hodgson, the 10th overall pick of the Vancouver Canucks in last June's NHL draft, had two goals and four assists in a pair of weekend victories, including last

night's 7-3 triumph over Finland at the Hershey Centre in Mississauga, Ont.

His line, with Zach Boychuk and Jordan Eberle, was an instant hit, combining for 12 points in two games.

John Tavares and Jamie Benn also chipped in offensively, scoring a pair of goals each, Stefan Della Rovere had a goal and two assists, and Ryan Ellis had three assists.

Last night's game was

tied 3-3 early in the third period when Canada scored four unanswered goals.

Canada, which also beat Sweden 4-2 on Friday at the Air Canada Centre in Toronto, returns to action against Slovakia tomorrow at 7 p.m. EST in Hamilton, Ont.

The WJC starts Boxing Day in Ottawa.

In other Team Canada news, forward Dana Tyrell suffered a signifi-



Dana Tyrell, right, was injured in Friday's exhibition game against Sweden in Toronto.

cant knee injury and was sent home. Evander Kane, an offensively-gifted forward eligible for the 2009 NHL draft, will replace him. He has 48 points in 28 games this season for the Vancouver Giants.

In other WJC exhibition play yesterday, Halifax Mooseheads forward Tomas Knotek scored a goal in the Czech Republic's 5-2 exhibition win over Slovakia in Kitchener, Ont.



Hines Ward of the Pittsburgh Steelers is hit hard by Cortland Finnegan of the Titans after catching a touchdown pass yesterday. Tennessee won 31-14 to clinch home field throughout the AFC playoffs.

Titans take top spot in AFC

NFL ROUNDUP

Titans 31 Steelers 14

Kerry Collins passed for 216 yards and hit Justin Gage for a touchdown as the Tennessee Titans rattled off 21 unanswered points to seal home-field advantage throughout the AFC playoffs with a 31-14 victory over the Pittsburgh Steelers.

Collins connected on 20-of-29 throws while Gage finished with 104 yards on five catches for the Titans (13-2), who finished with 323 total yards in the win, becoming the first team this season to surpass the 300-yard mark

against the vaunted Steelers defence.

PATRIOTS 47, CARDINALS 7
Matt Cassel threw three touchdowns passes and LaMont Jordan added two scores as the New England Patriots walloped the Arizona Cardinals 47-7 at a snowy Gillette Stadium yesterday.

Cassel totalled 345 yards on 20-of-36 passing for the Patriots (10-5), who kept pace with the Dolphins atop the AFC East. Miami won yesterday, while the Jets lost to Seattle 13-3. In order to capture the division crown, New England needs to win at Buffalo next Sunday and New York to beat the Dolphins.

METRO NEWS SERVICES

SCOREBOARD

NFL

YESTERDAY'S RESULTS

Atlanta 24 Minnesota 17
Buffalo 30 Denver 23
Cincinnati 14 Cleveland 0
Miami 38 Kansas City 31
New England 47 Arizona 7
New Orleans 42 Detroit 7
Oakland 27 Houston 16
San Francisco 17 St. Louis 16
San Diego 41 Tampa Bay 24
Seattle 13 N.Y. Jets 3
Tennessee 31 Pittsburgh 14
Washington 10 Philadelphia 3
Carolina at N.Y. Giants

SATURDAY'S RESULT

Baltimore 33 Dallas 24

TONIGHT'S GAME

Green Bay at Chicago

NHL

YESTERDAY'S RESULTS

Carolina 3 Montreal 2 (OT)
Boston 6 St. Louis 3
Florida 3 Colorado 0
New Jersey 3 Philadelphia 2 (SO)

Shots Rain down

MATTHEW WUEST
matthew.wuest@metronews.ca

The outside shooters for the Halifax Rainmen starred in their pre-season debut in Quebec City last night.

Returnee Brian Silverhorn piled up 29 points and 12 rebounds and shot 4-for-9 from three-point territory, while newcomer Glen Dandridge added 25 points, including 5-for-13 beyond the arc, as the Rainmen topped the Quebec City Kebs 101-95 in their first taste of the Premier Basketball League. "We started off slow and nervous, but once we settled down, everybody lived up to expectations," Rainmen head coach Rick Lewis said.

"Silverhorn and Dandridge made clutch shots, and they were momentum builders for us. Once we started making shots, they couldn't contend with us."

Cordell Jeanty, who played for the Kebs two seasons ago, added 14 against his former team.

Eric Crookshank, Rob Sanders and Tyronne McNeal did not make the trip, staying home to rest minor injuries. SirValiant Brown suffered an ankle injury and David Bailey fouled out. Neither player was on the floor



Brian Silverhorn scored 29 points for the Rainmen last night.

in the second half, leaving the Rainmen with only six players to call upon.

Lewis said he was most impressed with the performance of the 6-foot-7 Silverhorn, who put in a lot of work in the off-season to improve his shot under pressure. He was second to Crookshank in scoring for the Rainmen last season.

"He's by far a better player now," Lewis said. "He impressed me the most on the defensive end and rebounding, and he's coming off the run and shooting with guys in his face. He made some amazing baskets today with guys all over him."

The Rainmen return home for four consecutive exhibition games at The Tower starting on Boxing Day.

DECEMBER 26, 2PM

DECEMBER 27, 7PM

DECEMBER 28, 2PM

DECEMBER 29, 8PM

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Entertainment



Chace's chance

Chace Crawford is adding another role to his resumé. The *Gossip Girl* heartthrob will star in singer Leona Lewis' video for her next single, *I Will Be*.

IMDB.COM

EDITOR: DEAN LISK, DEAN.LISK@METRONEWS.CA

Bedtime a dream for Toronto-born producer

PHIL BROWN
for Metro Canada

Toronto-born producer Andrew Gunn has managed to carve a nice little niche for himself in Hollywood.

He founded Gunn Films with Walt Disney Studios in 2000 and has made a career out of producing live action family films like *Sky High* and *Freaky Friday* that appeal to a wider audience than most pre-school centric Disney fare.

His latest project brings Adam Sandler to Disney for *Bedtime Stories*, in which Sandler plays a man who invents fantasy stories for his niece and nephew only to see some elements of the stories come to life.

Sandler is normally involved in creating his screenplays, but this was one of the rare instances in

Movie feature

which the studio brought the project to him.

"We did about three or four drafts of the script and hired the director," says Gunn. "Everybody thought that Adam could be great so we sent (the script) to him and were surprised to find out that he was into it. I think now that he's a dad he wanted to do something for his kids."

Of course once Sandler came on board he immediately went out of his way to make the movie his own.

"Adam brought in [screenwriter] Tim Hirtlihy who he's known since the old days at SNL and they did a couple passes on the script," said Gunn. "It was Adam and Tim who thought to make each story different and set one in



Adam Sandler stars in the family film *Bedtime Stories*.

Rome, one in the wild west, one in outerspace and that sort of thing.

There are actor/producers who aren't normally that involved, but Adam is inti-

mately involved in every aspect of the movie from the casting to the music. He knows what he does very well and at a certain point you just have to trust in him and let him work."

The result is a film that plays to children, but also has Sandler's distinct comedic tone and a variety of his regular cast members. One surprising casting choice came in the form of controversial comedian Russell Brand, who fit into the family film quite well.

"Russell has the ability to even take a line without a joke in it and make it funny. There's nothing funnier than seeing him next to two nine year old kids. There's something very wrong with that picture."

Bedtime Stories opens Christmas Day in theatres across Canada.

Box office

Estimated ticket sales for Friday through Sunday:

- 1 Yes Man** \$18.2 million US
- 2 Seven Pounds** \$16 million
- 3 The Tale of Despereaux** \$10.5 million
- 4 The Day the Earth Stood Still** \$10.2 million
- 5 Four Christmases** \$7.7 million
- 6 Twilight** \$5.2 million
- 7 Bolt** \$4.3 million
- 8 Slumdog Millionaire** \$3.2 million
- 9 Australia** \$2.3 million
- 10 Quantum of Solace** \$2.2 million

REUTERS

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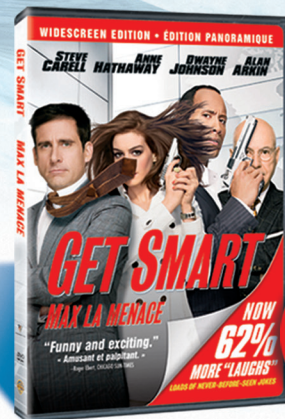
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Have a Miley new year

Miley Cyrus and MTV are teaming up for a big New Year's Eve special. FNMTV Presents: A Miley-Sized Surprise ... New Year's Eve 2009 will feature live performances from Miley, who will surprise one lucky fan by hosting the show from his or her home. [MSN.COM](http://msn.com)

entertainment **15**

Eva Mendes reveals her Spirit

STEVE GOW
for Metro Canada



If her role in *The Spirit* is any indication, Eva Mendes must have really liked playing dress-up as a little girl. Somehow though, I don't think it was to play the part of a princess.

"The fun part for me was definitely putting on the glamour and wearing the clothes," says the Cuban-American beauty. "(But) the core of this woman was pain."

Portraying sexy thief Sand Saref in *The Spirit* — it opens Christmas Day — took more than just being glamorous. Mendes cites her character's origin, pointing out that Saref may have an unparalleled passion for diamonds, but like the jewel itself, her character has a rocky past.

"Once I found that foundation, then it made me realize where she was coming from so I could go big and I could be as ridiculous as I wanted to be whether it was in hair-style or action or in wardrobe."

Based on a popular



Eva Mendes plays a beguiling jewel thief in *The Spirit*.

wartime comic strip by Will Eisner, *The Spirit* is not only about a powerful masked crime-fighter but he's surrounded by a company of irresistibly strong femme fatales. As co-star Scarlett Johansson once put it, "Eisner was writing these great female characters at a time when people put women in a domesticated kind of box."

"What I loved about this was just that my character was created in the 1940's so I had this real dame-

Movie feature

broad kind of appeal," said Mendes.

"She was just so over the top and fantastical and she has some of the best lines in the movie — 'Shut up and bleed' being one of my favorites."

While she definitely has some of the catchiest dialogue in the flick, she's also arguably its sexiest character. In one eye-catching scene, she's able

to avoid arrest when she drops her robe — shocking *The Spirit* and moviegoers with a revealing backside.

"The point is my character uses everything she has as a woman to get what she wants," admitted Mendes. "If there were no brains behind the body I would have major qualms with it. This girl's kick ass in every way and she's such a smart dame that part of getting what she wants is turning up the sex."

New mission for Jack Ryan

MOVIES Screenwriter Hossein Amini has been hired to tackle a new Jack Ryan movie for Paramount Pictures. The erstwhile intelligence analyst and all-American do-gooder created by novelist Tom Clancy has not appeared onscreen

since 2002's *The Sum of All Fears*, which starred Ben Affleck. Spider-Man director Sam Raimi was on the hook to direct and produce a new Ryan installment, but his packed schedule made his involvement unworkable. **REUTERS**



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Do it daily.

Australia director defends movie

Baz Luhrmann's Australia may be doing some middling U.S. box office, earning about \$39 million US since it opened Thanksgiving weekend, but the director is unrepentant as the movie nears its first month of release stateside.

In one of his first interviews since the movie opened, he spoke out against Australia's critics and those he feels call him the "black hole of cinema." He also said he will move quickly on his next project, an adaptation of The Great Gatsby, which he described as a perfect parable for economic disaster.

"A lot of reviewers like Australia. And we're making people cry; I know because they write to us," he told the Hollywood Reporter during an interview at the Four Seasons Hotel. "But there are those that don't get it. A lot of the film scientists don't get it. And it's not just that that they don't get it, but they hate it and they hate me, and they think I'm the black hole of cinema. They say, 'He shouldn't have made it, and he should die.'"



Director Baz Luhrmann

Asked why he thought the reactions were so passionate, he replied: "I know what it's about."

The movie's detractors, he said, were used to movies that were neatly defined.

"This is not (simply) a romantic comedy for 40-year-old women or action movies for 17-year-old boys, and that's not OK with some people. It's not OK for people to come eat at the same table of cinema. But you look at movies like Gone With the Wind and Old Hollywood classics, and they don't fit in any box. Corny Hollywood movies from the '40s freak out (the film scientists)," he added.

Luhrmann struck a tone that was as unyielding as

"(Critics) think I'm the black hole of cinema. They say, 'He shouldn't have made it, and he should die.'"

Australia director Baz Luhrmann

many of the creative choices in his movies, but was also occasionally conciliatory. "I'm not whining, because when you do what I do, you expect to be covered in mud. But there seems to be a lot of misinformation."

Among those pieces of misinformation is box office, he said; Luhrmann noted that Moulin Rouge has been on a similar pace as his latest epic, and that sticking it out for the long haul was not an uncommon experience for him.

"I'm used to the waves crashing around me. And what I do is stick to a craggy rock as they keep coming. And if you stick to it long enough someone else will stick to it, too, and then someone else and then someone else."

REUTERS

French judge gives OK to Les Miserables sequels

LAWUIT Modern-day sequels to Victor Hugo's classic Les Miserables have been allowed after a French court threw out a suit from the 19th century master's descendants, a lawyer for publishers Plon said on Friday.

After a years-long legal

battle, the Paris appeals court ruled in favor of Plon, publishers of two novels based on Les Miserables by a modern-day author named Francois Ceresa, Plon's lawyer Paul Lombard said.

"The court has dismissed the suit from the descen-

dants of Victor Hugo and ordered them to pay 10,000 euros (\$13,960 US) in damages and interest," he told Reuters.

The ruling by the appeals court in Paris follows a claim by Pierre Hugo and other descendants against Plon and Ceresa.

REUTERS

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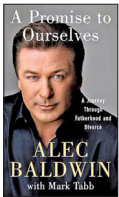
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Retro revival

The Game Show Network is moving forward with its revival of The Newlywed Game, ordering 40 half-hour episodes, according to The Hollywood Reporter. Bob Eubanks, shown, hosted the original version of the show. [IMDB.COM](#)



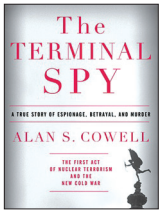
Baldwin a forgotten father



A Promise to Ourselves

Author: Alec Baldwin
Publisher: H.B. Fenn
Price: \$27.95 (Hardcover)

Comedic actor Alec Baldwin puts on his tragedy mask to tell his side of his recent divorce and custody battle in *A Promise to Ourselves*, his memoir on fatherhood. Baldwin aims to transcend tabloids and offer a personal account of the psychological, emotional and legal struggles he faced during his divorce from L.A. Confidential actress Kim Basinger in 2002. Using reminiscence about his ex-wife and expression of distress over the fight for their daughter Ireland, Baldwin bares all. Though at times heavy on details and introductions, the memoir still relays Baldwin's feelings and undisguised criticism of the American legal system.

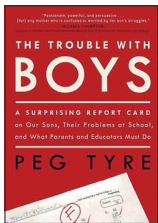


The Terminal Spy

Author: Alan S. Cowell
Publisher: Doubleday Canada
Price: \$32.00 (Hardcover)

British journalist and Pulitzer Prize nominee Alan S. Cowell walks through what he calls "the first act of nuclear terrorism" in his thorough account, *The Terminal Spy: A True Story of Espionage, Betrayal and Murder*. When subversive Russian writer Alexander Litvinenko was poisoned with radioactive polonium, Alan S. Cowell was there. He recalls his reporting on the case for the New York Times and international journalism to assemble Litvinenko's case and examine other plots to kill the dissident. By considering all the players, Cowell makes a case for what repercussions the largely unpunished crime may have.

BookPicks



The Trouble with Boys

Author: Peg Tyre
Publisher: Crown
Price: \$27.95 (Hardcover)

Is it safe to conclude that boys will be boys? Not so, according to Pulitzer Prize winning New York journalist Peg Tyre. In her assessment, she travels back as early as preschool, pinpointing numerous problem areas in schools that contribute to the detriment of the developing male. From what effect a lack of male teachers has to why fewer men are enrolling in post-secondary studies, Tyre tries to make clear where we are going wrong and what can be done to save the state of boys.

BRIAN COULTON/FOR METRO CANADA

Warner Music pulls videos from YouTube

Warner Music Group ordered YouTube on Saturday to remove all music videos by its artists from the popular online video-sharing site after contract negotiations broke down.

The order could affect hundreds of thousands of videos clips, as it covers Warner Music's recorded artists as well as the rights for songs published by its Warner/Chappell unit, which includes many artists not signed to Warner Music record labels.

The talks fell apart early Saturday because Warner wants a bigger share of the huge revenue potential of YouTube's massive visitor traffic. There were no reports on what Warner was seeking.

"We simply cannot accept terms that fail to appropriately and fairly compensate recording artists, songwriters, labels and publishers for the value they provide," Warner said in a statement.

YouTube is hugely popular, with more than 100 million viewers in the United States alone in October, according to comScore, a Web audience measurement firm.

Warner Music, home to



Rapper T.I. is among artists signed by Warner Music.

"We simply cannot accept terms that fail to appropriately and fairly compensate recording artists, songwriters, labels and publishers for the value they provide."

Warner statement

artists including Red Hot Chili Peppers and rapper T.I., was the first major media company to negotiate a deal with YouTube in 2006. Its executives believe that deal gave the site legitimacy in the eyes of search giant Google Inc which

bought it soon after for \$1.65 billion.

As part of the original 2006 negotiation, Warner, Universal Music and Sony Music all took small stakes in YouTube pre-acquisition and profited when the Google acquisition closed.

The music companies typically get paid a share of any advertising revenue associated with the video and a per-play payment for every video viewed. The per-play fee is usually a fraction of a penny and with millions visiting YouTube everyday it was all expected to add up to a substantial amount.

But a source familiar with Warner Music's talks said the amounts it has been receiving were "staggeringly low."

REUTERS

In brief

BURGLARY Celebrity heiress Paris Hilton's house was broken into Friday by a man wearing a hooded sweatshirt and gloves who forced open the front door and made off with belongings, police said, without elaborating on the value of the stolen items.

NEW SERIES Feature heavyweights Jerry Bruckheimer and Michael Bay have teamed for Cocaine Cowboys, a drama series project at HBO. Inspired by Billy Corben's 2006 documentary of the same name, the HBO project chronicles the early days of cocaine trafficking in Miami.

REUTERS

See complete online movie listings, trailers, reviews and purchase tickets at [metronews.ca/movies](#)

IntelleVision



GlobalStyle



critics' corner

CSI: Miami
Guns don't kill people; people kill people. It's just a lot easier if you have a gun. So when a rare and illegal machine gun vaporizes three weapons smugglers, Horatio (David Caruso) and the rest of the CSI team search for the killer before the gun causes more deaths. 11 PM on CBS



A Miser Brothers' Christmas
They're back! Fans of the classic special "The Year Without a Santa Claus" will remember the Heat Miser and Snow Miser. In this new animated special, they get to be the good guys when the North Wind sabotages Santa's sleigh, leaving him laid up with a bad back at Christmastime. These guys have a serious case of sibling rivalry, but they must set it aside to save the holiday. Mickey Rooney returns as the voice of Santa. 8 PM on YTV

Stuart McLean's Vinyl Cafe Christmas Pageant
The host of the popular radio show "The Vinyl Cafe" takes his act to television in this holiday special, in which he relates his determination to put on a holiday pageant for the people of Belleville, Ont., whether they like it or not. How does it turn out? Well, let's just say the term "comedy of errors" comes to mind. 8:30 PM on CBC

HA	H	D	B	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
12/22/08	31	31	31	ABC	News (N)	ABC Wild News	Chronicle	Shrek the Halls	Charlie and the Chocolate Factory (2005, Fantasy)			
	7	7	7	ASN	The Road to Avonlea		Sue Thomas: F.B. Eye	Gossip Girl (HDTV)		Women of Karaoun (N)		Atlantis
	11	11	11	CBC	Coronation St.	Jeopardy! (N)	Pooh	The Border (HDTV) (N)		CBC News: The National		The Hour
	2	2	2	CBC-F	La force	Pyramide (SC)	Antarctique	La Petite vie		Grand Rire de Québec		Le Téléjournal
	32	32	32	CBS	News (N)	Evening News	The Insider (N)	Entertainment	Big Bang Th	How I Met	Two/Half Men	Worst Week
	69	69	69	CFTM	TVA 18 heures	Du talent à revendre (SC)		Walk the Line *** (2005, Biographie)	Joaquin Phoenix	Ginnifer Goodwin		TVA 22 heures
	6	6	6	CHHF	Entertainment	ET Canada	Painkiller Jane	House "Not Cancer"		Prison Break (HDTV) (N)		News (N)
	9	9	9	CJCH	Corner Gas	Hollywood	Shrek the Halls	Corner Gas		Would Be Kings (2008, Crime Drama)	(DVS)	News (N)
	10	10	10	ELTV	EastLink Mag.	Fishing	Rainmen	EastLink Television				
	36	36	36	FOX	Deal-No Deal	The Simpsons	Two/Half Men	Two/Half Men	House "Not Cancer"		Prison Break (HDTV) (N)	Fox First
	12	12	12	NBC	News (N)	NBC News	Hollywood	Extra (N)	2008: Today Looks Back		Momma's Boys (N)	
news	29	29	29	NW	World News	Business	CBC News	Fortune	The Hour		CBC News: The National	The Future
	4	4	4	PBS-B	NewsHour With Jim Lehrer		Greater Boston	Chronicles	Antiques Roadshow		Life a House Built	Lost Land
	35	35	35	PBS-D	NewsHour With Jim Lehrer		Business Rpt.	Worldfocus	Antiques Roadshow		American Experience	
	68	68	68	TQS	(6:30) Le Retour (SC)		Latulippe et cie (SC)		Miracle de Noël (2005, Com. dramatique)	Steve Bacic (SC)		110 pour cent
	23	96	96	BNN	Business News	Headline	Market Call	Berman's Call	Money Talks	Business News	Squeeze Play	Market Call
	18	18	18	CNN	(5) The Situation Room		Lou Dobbs Tonight		Campbell Brown: No Bias		Larry King Live	Cooper 360
	54	54	54	GOLF	Tour Clinic	Tour Clinic	Tee It	Golf Hawaii	School of Golf	School of Golf	School of Golf	School of Golf
	52	52	52	RSE	Prime Time Sports		Darts World Premier League				Best Damn Sports Show	Sportsnet Con.
	55	55	55	SCOR	Hockey Talk	Game On	RaceNight				(10:15) WWE Monday Night Raw	
	45	45	45	SPD	Unique Whips		Pinks	Pass Time	SuperCars	SuperCars	My Classic Car	My Classic Car
	53	53	53	TSN	Off the Record	SportsCentre	That's Hockey!	Monday Night Countdown		NFL Football Green Bay Packers at Chicago Bears.		Auctions
family	43	43	43	FAM	Zoeys 101	Life Derek	Wizards-Place	That's-Raven	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek
	44	44	44	TOON	Tom & Jerry: Nutcracker		Foster-Claus	6teen (DVS)		The Side Show Christmas	Futurama	American Dad
	26	26	26	TREE	Tommy & Binoo	Annabelle's Wish		Nght Grdn	Bob the Builder: Snowed		Wonder Pets	Backyardigans
	27	27	27	YTV	Rugrats Chnkh	Told by Ginger	A Miser Brothers' Christmas		Year Without a Santa Claus		Jack Frost ** (1998, Fantasy)	Kelly Preston
	16	16	16	A&E	Cold Case Files		CSI: Miami (HDTV)		Intervention "Derek"		Intervention "Nicole" (N)	Runaway
	70	70	70	APTN	News		Notre Peuple (N)		Bal de neige		Movie	
	50	50	50	BET	106 & Park: BET's Top 10 Live				Soul Plane ** (2004, Comedy)	Kevin Hart, Tom Arnold.		Keyshia Cole
	37	37	37	BRVO	Street Legal		Desperate Housewives		Christmas at the Concert Hall		Pater Noster	6 Possibilities
	25	25	25	CMT	Dedicated "Christmas" (N)		The Sons of Mistletoe (2001, Drama)		Roma Downey.		Tara Oram's Christmas Carol	Donner Down
	49	49	49	COM	Laughs	Comedy Now	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park
	153	153	153	COURT	W-FIVE		The Investigators		Cops Uncut	Dumb Criminal	Legal Briefs	Investigators
cable variety	38	38	38	DISC	Destroyed	Destroyed	House Hunters	Property Virgin	My First Place	Home to Stay	Property Virgin	Marriage
	34	48	48	HGTV	Holmes on Homes		NCIS "Deception"		Battle 360		Underworld Histories	Income Prop.
	46	46	46	HIST	Underworld Histories							NCIS
	17	17	17	MM	Video on Trial	Video on Trial	Meet Barkers	Meet Barkers	MuchNews: Misses, Kisses		Video on Trial	Video on Trial
	19	19	19	MMM	Scott Baio, 45	Scott Baio, 45	Revival	Revival	Revival	Revival	Story Of Ozzy Osborne.	Don't Forget
	201	201	201	M1	(6:15) First Sunday		Sanctuary "Instinct"		Stargate Atlantis		Brotherhood	Brotherhood
	48	23	23	OLN	American Gladiators		Bounty Hunter	Bounty Hunter	Survivorman		Man Tracker	Bounty Hunter
	51	51	51	PEACH	Seinfeld	Friends	House-Payne	House-Payne	Forces of Nature ** (1999, Romance-Comedy)	Ben Affleck		Family Guy
	206	206	206	PIX	Dead Men Don't Wear Plaid		An Affair to Remember *** (1957, Romance)				The Usual Suspects (1995, Suspense)	
	67	67	67	RDI	Le Journal RDI	RDI en direct	RDI en direct	Chine	Grands reportages (SC)		Le Téléjournal (SC)	RDI en direct
	39	39	39	SHOW	Prime Suspect 7		The Christmas Choir (2008, Drama)	Jason Gedrick.			Kenny-Spenney	Rent-A-Goalie
	40	40	40	SLICE	X-Weighted "Amy"		Til Debt-Part	Rich Poor	Til Debt-Part	Til Debt-Part	Beautiful	Party Mamas
cable variety	47	47	47	SPACE	Stargate SG-1 "Need"		Lost "Par Avion"		Star Trek		The Dresden Files	Eureka
	14	14	14	SPIKE	CSI: NY (HDTV)		CSI: NY (HDTV)		CSI: Crime Scene Invstgtn.		CSI: Crime Scene Invstgtn.	CSI: Crime Scn
	57	98	98	STAR	Lenny Kravitz	Hollywood	The Ellen DeGeneres Show (N)		TMZ (N)	Corner Gas	Relative Madness (N)	Tonight Show
	21	21	21	TLC	Little People	Little People	Little People	Little People	Little People	Jon & Kate	Jon & Kate	Jon & Kate
	56	34	34	TROP	News Show	News Show	TV Made, Do It	Very Bad Men		What Happen?	Make or Break	TV Made, Do It
	20	20	20	TV5	Que.-champion	Journal de Fr2	Toute une histoire		Vie privée, vie publique "Sacrés parcours!"			Planet Soap
	28	28	28	V	Just Cause		Murder, She Wrote		Eyes Down	May to Dec	A Holiday for Love ** (1996, Drama)	
	60	97	97	VIVA	Mysterious Ways		Judging Amy		Commander In Chief		The West Wing	Truth, Duty
	22	22	22	W	Man Who Saved C'mas		Friends	Will & Grace	Confidential	Maxed Out	The Road to Christmas (2006, Comedy)	
	251	251	251	WGN	Be-Millionaire	Evening News	Two/Half Men	Family Guy	Gossip Girl (HDTV)		One Tree Hill (HDTV)	WGN News

Jessica Alba and her husband of seven months, Cash Warren, threw a long-overdue wedding reception on the weekend at their Beverly Hills home, according to usmagazine.com. The couple married last May and has a 6-month-old daughter. EONLINE.COM

Celebrity Buzz

Madonna ready to adopt again?

CHILDREN Madonna is reportedly moving ahead with plans to adopt another child from Malawi.

According to Star magazine, the singer is reportedly heading to the African nation — with new pal Alex Rodriguez in tow — to retrieve now four-year-old girl Mercy James, even though Malawian adoption suggested that the singer's divorce from director Guy Ritchie would make the planned adoption impossible.

METRO NEWS SERVICES



Lohan: Please save Sam's Facebook

PEOPLE Lindsay Lohan is upset that her rumoured girlfriend Samantha Ronson's Facebook profile was deleted, much like Lohan's was recently.

To remedy the situation, the Mean Girls actress took to her MySpace blog of all places to get the word out.

"Please put hers back exactly the way it was as you guys at Facebook did for mine," Lohan wrote.

METRO NEWS SERVICES



'Lonely' Nicole finds love with hubby

MARRIAGE Nicole Kidman was a "lonely" woman when she met Keith Urban, femalefirst.co.uk reports.

The 41-year-old actress — who gave birth to Sunday Rose, her first child with husband Keith, in July — was tired of being unlucky in love before she was introduced to country singer Keith.

Nicole, who is

divorced from Tom Cruise, said: "My husband Keith is the most important person in my life, and I am for him. We were two lonely people who met at a time when we could open ourselves up to each other."

"We were a mixture of brave and frightened. Since getting married, I have passed up a lot of projects. I don't want to be away from the person I love. Home is in my husband's arms."

METRO NEWS SERVICES



Stripdancing has complexity: Tomei

ACTING Marisa Tomei has done her fair share of nude scenes, but even she was somewhat wary of dancing around in a G-string — and nothing else — in her role as a stripper opposite Mickey Rourke, in The Wrestler, people.com reports.

"I didn't really want to be topless in every single dance number ... but there were certain things called for in the plot, and then I wanted to feel comfortable as her and I wanted it to be flattering."

So how did Tomei get into character? Research.

"I talked to a bunch of different girls and a bunch of different dancers. We just went out, had some drinks, went to a bunch of clubs, watched a lot of

dances, got some dances," she says.

"It's like anything, any subculture. You get in there, and it's all individuals. And the dancing itself is not tawdry to the dancer and there's a lot more complexity there than you'd think."

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GETTY IMAGES PHOTOS

Vaughn to ring in 2009 with a ring?

RELATIONSHIP Looks like Vince Vaughn could welcome in 2009 with a wife-to-be, msn.com reports.

According to In Touch magazine, the 38-year-old is planning to pop the question to squeeze Kyla Weber, a Canadian real estate agent, over New Year's.

A pal of the actor's tells the mag he's already selected a four-carat-plus engagement ring with an estimated price tag of \$125,000 US. "Vince is ready to get married

and has been for a while," says the buddy. "He wants to start a family."

Vaughn confirms he's off the market but, perhaps having learned a thing or two from his tabloid-bait, wedding rumour-crammed romance with Jennifer Aniston, offers few details. "I don't talk much about private matters," he informs USA Today. "But I am in a very happy, serious, committed relationship."

METRO NEWS SERVICES



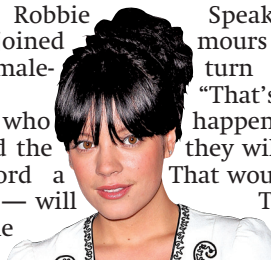
Robbie would ruin Take That reunion: Lily

PEOPLE Lily Allen thinks star is reunited with the Take That would be "ruined" if Robbie Williams rejoined the group, femalefirst.co.uk says.

The singer — who has approached the group to record a track with her — will be furious if the

band he left in 1995.

Speaking about rumours Robbie will return to Take That: "That's not going to happen. Do you think they will get him back? That would ruin it. I love Take That." METRO NEWS SERVICES



Legend an Obamaniac

POLITICS Singer John Legend was so confident president-elect Barack Obama would be heading to the White House after last month's election, he hired the VIP suite of a hotel for

friends to celebrate in, femalefirst.co.uk reports. "We had the TV set up, had a bunch of drinks set up. We were just hoping we had something to celebrate. And we did," he says.

METRO NEWS SERVICES



Adoption an option if I'm infertile: Hough

PEOPLE Country singer Julianne Hough isn't fazed by the possibility she may be infertile after her recent bout of endometriosis — insisting she'd adopt if she can't have children of her own, femalefirst.co.uk reports.

The star was hospitalized during the current season of Dancing With The Stars, and doctors discovered a growth outside her womb.

Specialists insist she should still be able to have kids, but she says she's

happy to find an alternative: "The doctor said I should be okay. But if I was unable to conceive, I'd adopt."

METRO NEWS SERVICES



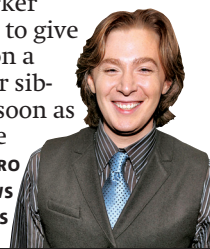
Clay expecting second child

CHILDREN Former American Idol star Clay Aiken is expecting another child.

Aiken's friend, music producer Jaymes Parker, who acted as a surrogate for Aiken's first child, four-month-old Parker, is pregnant again and is due in August 2009, according to Babble.com.

Sources said that Aiken and Parker wanted to give their son a younger sibling as soon as possible.

METRO NEWS SERVICES



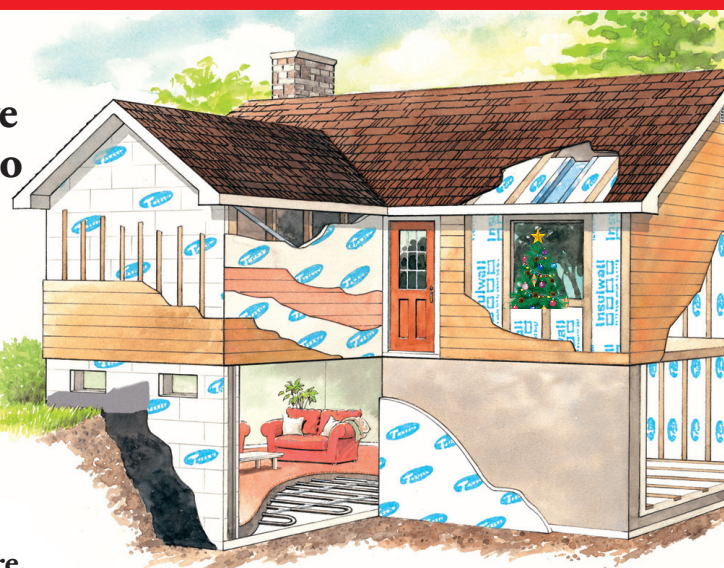
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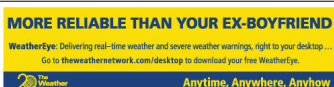
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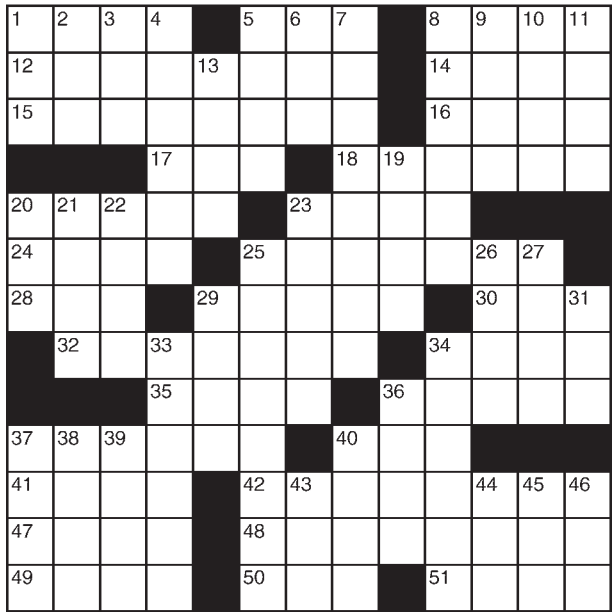
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Take Five



Crossword across

- 1 Castle protection
- 5 Help
- 8 Paper quantity
- 12 Acquire by ingenuity
- 14 Sicilian volcano
- 15 Passenger's confiner
- 16 Loony
- 17 That man's
- 18 Wind musician
- 20 Pains' mates
- 23 From the start
- 24 Duo
- 25 Compulsive cleaner
- 28 Bygone days, once
- 29 Our planet
- 30 Bill
- 32 Pasty
- 34 Sandwich shop
- 35 Architect Mies van der
- 36 Ready for battle
- 37 Not destroyed
- 40 "CSI" evidence
- 41 Bedouin
- 42 Long high-temp stretch
- 47 Reiner or Lewis
- 48 Cuba, Jamaica, etc.
- 49 Advertise greatly
- 50 Red or Black
- 51 Collections

Crossword down

- 1 Wrong (Pref.)
- 2 Inseparable
- 3 Actress Gardner
- 4 Leash
- 5 Census statistics
- 6 Under the weather
- 7 Set off an explosion
- 8 Fame
- 9 Needle case
- 10 Picnic intruders
- 11 Sail support
- 13 Wading bird
- 19 "Little Women" woman
- 20 Gorilla
- 21 Tranquil
- 22 Stash
- 23 Eagle's nest
- 25 Petroleum-like liquids
- 26 Particular
- 27 Hardy cabbage
- 29 British prep school
- 31 Auction offer
- 33 Fit for use as farmland
- 34 Speaks slowly
- 36 Con
- 37 Apiece
- 38 Picture of health?
- 39 Rainout cover
- 40 Information
- 43 Away from WSW
- 44 Brewery product
- 45 Animal doc
- 46 Ar follower

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



3	7	4	2	1	9	8	6	5
5	1	8	6	7	4	3	2	9
2	6	9	8	5	3	7	4	1
7	4	5	9	6	8	1	3	2
1	8	2	4	3	7	9	5	6
6	9	3	5	2	1	4	7	8
9	3	6	7	8	5	2	1	4
4	5	1	3	9	2	6	8	7
8	2	7	1	4	6	5	9	3

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:

- Under 13 min Genius
- 13-17 min Scholar
- 17-21 min Smart
- 21-25 min Not bad
- 25+ min Keep practising

Metro Recipe of the Day



Flank Steak with Balsamic Sauce

INGREDIENTS:

- 1/3 cup (75 mL) orange juice
- 1/4 cup (50 mL) balsamic vinegar
- 1 tsp (5 mL) Worcestershire sauce
- 1 tbsp (15 mL) chopped fresh thyme
- 2 garlic cloves, minced
- 1/2 tsp (2 mL) salt, or to taste
- Freshly ground black pepper to taste
- 1 1/2 pounds (700 g) flank steak, trimmed
- 2 tbsp (25 mL) finely chopped large shallot
- 1 tsp (5 mL) olive oil
- 2 tsp (10 mL) unsalted butter

METHOD:

1. In small bowl, whisk orange juice, vinegar, Worcestershire sauce, thyme, garlic, salt and pepper. Place steak in a shallow glass dish, pour on orange juice mixture and turn to coat. Cover and refrigerate for at least 2 hours, turning several times.
2. Remove steak from marinade and pour marinade into small saucepan. Add shallot and set aside. Brush ridged

grill pan or heavy skillet with oil and place over medium-high heat. Add steak to pan and, depending on thickness, cook for 6 to 7 minutes per side, or until it reaches the desired doneness. Transfer to cutting board and let stand for 5 minutes.

3. Meanwhile, bring marinade to a boil over medium-high heat and cook until reduced to 1/3 cup (75 mL), 3 to 5 minutes. Remove from heat, add butter and whisk until melted.

4. Slice steak thinly across grain. Add any accumulated juices on cutting board to sauce and serve with the steak. One serving is 3 oz (85 g) steak and 1 tbsp (15 mL) sauce.

SERVES 6

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
Learn to enjoy spending time alone. Smiling at your troubles will be endearing. Take the high road in questions of integrity.



TAURUS
APRIL 21-MAY 21
A wimpy guy will slow down negotiations. Check the expiry date on fridge foods. A thoughtful person tells a little lie.



LIBRA
SEPT 23-OCT 23
A younger person will jump at the chance to visit. A scrawny guy teaches a valuable lesson. An interesting remark will affect your future.



SCORPIO
OCT 24-NOV 22
Someone is having sweet dreams of you. Someone else is stuck at home. Too much silence can get aggravating.



GEMINI
MAY 22-JUNE 21
Peculiar ideas are viewed with alarm. A toy brings back some memories. A busybody will often be ignored.



SAGITTARIUS
NOV 23-DEC 21
An associate settles down after a snit. Give thanks where it's due. A do-gooder is preoccupied with giving good advice.



CANCER
JUNE 22-JULY 22
Everything you do will be rewarding. A tall man has a weighty problem. A former associate must pay money back.



CAPRICORN
DEC 22-JAN 20
News of a significant event gives good cheer. A victorious friend wants to celebrate. A family matter will be resolved fairly.



LEO
JULY 23-AUG 23
Turn the other cheek in a conflict. Someone's retreat shows profound hurt. Say goodbye to a foolish notion



AQUARIUS
JAN 21-FEB 18
A sensitive male will refuse to bow down Listen carefully when a girl speaks. Get a grip on your self-control.



VIRGO
AUG 24-SEPT 22
Don't let hurt feelings block a conversation. A relative's whining will grate on your nerves. Someone is caught up in a frenzy.



PISCES
FEB 19-MARCH 20
A computer glitch is baffling. Be quiet and purposeful when taking action. You'll find your way through a thicket of evasion.



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WORDY GURDY
BY TRICKY RICKY KANE

Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

1. Sway a vet to sleep in a cradle (1)
2. Cain's mom's fall color changers (1)
3. Add a hue to a broken-finger brace (1)
4. Butterfly cousin's fabrics (1)
5. One who lauds a surgical beam (2)
6. "Star Wars" knights' night flights (2)
7. Actress Debra's brandy cocktails (2)

ANSWERS: 1. ROCK DOC 2. EYES LEAVES 3. TINT SPLINT 4. MOTHS CLOTHS 5. LASER PRAISER 6. JEDIS REDEYES 7. WINGERS STINGERS

12-22-08

This day in history

- DEC. 22, 1849: The execution of Fyodor Dostoevsky is called off at the last second.
- DEC. 22, 1864: Savannah, Georgia falls to General William Tecumseh Sherman, concluding his "March to the Sea."
- DEC. 22, 1965: In the United Kingdom, a 70 mph speed limit is applied to all rural roads including motorways for the first time. Previously, there had been no speed limit.
- DEC. 22, 1989: Berlin's Brandenburg Gate re-opens after nearly 30 years, effectively ending the division of East and West Germany.

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